Superior Capsular Reconstruction Rehabilitation
Phase I (1-3 weeks post-op)

Goal:
- Maintain integrity of the reconstruction
- No rotator cuff tissue repaired; therefore do not expect significant changes in UE strength
- Initiate safe and gradual passive range of motion
- Diminish pain and inflammation
- Decrease muscle tightness and spasms

Precautions:
- No lifting of objects
- No functional use of affected hand
- No driving
- Minimal computer work 15-20 minutes • no greater than 2 hours total (AFFECTED arm must be in sling)

Sling: 4 weeks post-op unless specified

RANGE OF MOTION
Initiate PT 4-7 days post-op:
- Flexion, Scaption and ER Pulleys, and non-swinging pendulums
Goal by the end of 3 weeks: Non-painful ROM Flex 0-110, Abd 110, ER 10

STRENGTH:
Beginning at week 2
sub-max isometrics 1-2x 10 reps: flex, ext, ER IR, and ABD

THERAPIST:
- Initial evaluation
- PROM in Flexion, Scaption, and ABDuction and ER
- Soft tissue mobilization to upper, mid and lower trap
- Decrease pain modalities

Activities:
- No functional use of the involved arm
Standing Pulley Flexion
Pulley Scaption “V”
Pulley External Rotation
Pulley Flexion
Pulley Scaption “V”
Pendulum

Directions: perform 1-2x/day
2 sets x 10-12 reps
Push very lightly against the wall hold for 2-3 seconds

SUB-MAXIMAL ISOMETRICS

Flexion
Abduction
External Rotation
Internal Rotation